**Director's Corner**

Dear Participants, Caregivers, and Friends;

“October is the fallen leaf, but it is also a wider horizon more clearly seen. It is the distant hills once more in sight, and the enduring constellations above them once again.”

— Hal Borland

The seasons meant different things to me when I was younger. Spring meant, school was almost over, summer meant swimming in the pool and endless days. As an adult connected to society and music and poetry, I’ve learned that the seasons can represent to some, the life cycle. With the life cycle comes learning and hopefully, if we have listened to our lessons, wisdom. My Second Home is filled with life lessons and bountiful wisdom of wonderful lives lived. We who work with all of you are learning everyday and therefore are wiser.

My best to everyone,

Karen

“For wisdom is better than rubies; and all the things desired on not to be compared to it.”

— Proverbs 8:11

---

**My Second Home 3rd Annual Golf Outing**

You still have time to join us for all or part of the day on Monday October 7th at the Mt. Kisco Country Club as we raise money to support our wonderful program.

Even if you are not a golfer we hope you can attend the cocktail reception and dinner beginning at 6:00 p.m. where our guest of honor will be U.S. Representative Nita M. Lowey. Ty Milburn, a reporter with Channel 12 News, will be our dinner host.

For more information or to register, contact events@eventsremember.com.

---

**Staff Spotlight**

**Ricky Joseph**

Ricky is one of the "oldest" staff members at My Second Home. Twelve years ago a friend of his mentioned that MSH was looking for a driver, and he has been with us ever since then. Although Ricky still drives our participants to and from the program, he also works as a program assistant during the day. When our Transportation Coordinator Sally is out of the office, Ricky does that job as well. Ricky says he really loves working with the elders and that this has truly been a learning experience — what started as a ‘job’ really has grown on him.

---

**Upcoming**

**Hair Care Services** Monday, October 28. Call 914-241-0770 to make an appointment with our hairdresser, Patti. Payment is required at time of service.

**Podiatrist** Tuesday, October 8. Call 914-241-0770 to make an appointment with Dr. O’Hanlon.

---

**Holiday**

My Second Home and Evening Edition will be closed Monday, October 14, for Columbus Day. Evening Edition will also be closed Monday, October 7.

---

**October Birthdays**

Joseph S
Zolia C
Jeanne C
Esther G
Gloria H
Save the Date!

12th Annual Candle Lighting Evening and Open House
Fri, Nov. 15, 6-7:30 pm
This beautiful event is a way to honor our participants, their families, and to mingle with our staff. Bring the family! Refreshments will be served.
RSVP to Melissa at 914-241-0770 or email her at melissa.dalling@fsw.org.

Evening Edition
This program to support the needs of those individuals newly diagnosed with mild cognitive impairment or early stage dementia meets on Mondays from 3-6 p.m. The schedule includes current event discussions, intergenerational activities with the after-school kids, information about keeping our brains healthy, light exercise, and social conversation over snacks.
For more info about Evening Edition, contact Karen Bisignano or Dan Jackson at 914-241-0770, or email Dan at djackson@fsw.org.

Wish List
Because we are not-for-profit, we're grateful that you help support this important program with your charitable donations.
- Disinfectant and personal wipes
- Boxes of tissues

Important Contacts
- MLTC Complaint Line 1-866-712-7197
- Medicare 1-800-633-4227
- Medicare Rights Center Consumer Hotline 1-800-333-4114
- Alzheimer’s 24/7 Helpline 1-800-272-3900
- Local Westchester Alzheimer’s Association Chapter 914-253-6860
- Free referral information, paralegal guidance, and information about support groups in Westchester
- The New York State Office for Aging 1-800-342-9871
- Westchester County’s Department of Senior Programs & Services www.westchestergov.com or call 914-813-6400

Staying Sharp
AARP (American Association of Retired Persons) offers many helpful resources on their website. Staying Sharp is a program that provides evidence-based information and actions you can take to maintain and improve your brain health as you age. Choose from articles, recipes, activities, videos and fun brain games designed to fit into your daily routine. Create your own plan by saving the actions that inspire you. Track your progress by checking off the items you complete.
In collaboration with brain-health experts, Staying Sharp follows guidance from the Global Council on Brain Health to translate the science into brain-boosting actions.
Learn more at www.aarp.org.